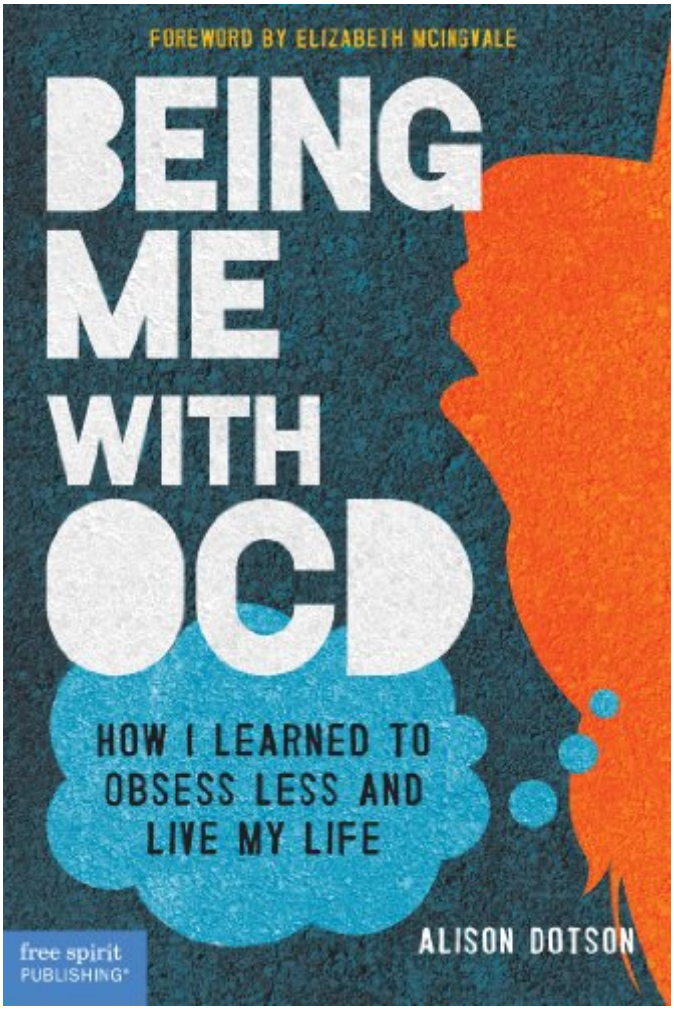
Ebook Directory
the best source of ebook

The book was found

Being Me With OCD: How I Learned To Obsess Less And Live My Life



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Part memoir, part self-help for teens, Being Me with OCD tells the story of how obsessive-compulsive disorder (OCD) dragged the author to rock bottomÃ¢â ¬â •and how she found hope, got help, and eventually climbed back to a fuller, happier life. Using anecdotes, self-reflection, guest essays, and thorough research, Dotson explains what OCD is and how readers with OCD can begin to get better. With humor, specific advice, and an inspiring, been-there-beat-that attitude, readers will find the book simultaneously touching and practical.

Book Information

File Size: 3482 KB

Print Length: 147 pages

Publisher: Free Spirit Publishing (February 1, 2014)

Publication Date: February 1, 2014

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00GFU4Z6E

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #565,089 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #31 inÃ Â Kindle Store > Kindle eBooks > Teen & Young Adult > Personal Health > Depression #52 inÃ Â Kindle Store > Kindle eBooks > Teen & Young Adult > Social Issues > Being a Teen #80 inÃ Â Books > Teens > Personal Health > Depression & Mental Health

Customer Reviews

I have OCD and needed to read up on somebody else that had OCD before and their experiences. This is a very good book, well written and fantastic. If you have OCD or know somebody that has OCD, this would probably be a pretty good book to get and it’s very well written. I got this book in paperback form.

Very easy read, this book is loaded with helpful information about OCD. Even though it is geared

towards teens, if you are not a teen you will still find this book helpful. The author outlines her own story and struggle with OCD, while giving the reader information as to how they can seek medical treatment. The author is brave for being so candid about this misunderstood, sometimes taboo and unpublicized condition. Once you read this you will know that she doesn't want anyone to go through what she went through.

This book has helped me understand some of my OCD issues better.

Very good

Super helpful. Good web resources.

Item arrived in timely manner, no problem!!

Not interesting.

I was given this in exchange for an honest review from Netgalley.com.With devastating honesty, Alison Dotson's book tells of her own experiences with OCD and the very dark places her disorder took her to, as well as her struggle to understand and live fully and happily with her diagnosis.Equally a memoir relating her own difficulties and a self-help book offering others the wisdom of her own experience, Being Me with OCD is a fascinating and powerful book. In addition to Dotson's own experiences and stories, she includes guest essays and meticulous research. Although written for teens, I think this is a wonderful resource for anyone struggling with a diagnosis -- or a suspicion -- of OCD or anxiety/panic attacks, as well as for anyone with a friend of relative dealing with this issue.Dotson does a truly exceptional job of helping her readers understand the variety of ways this disorder impacts the lives of OCD individuals, and those who are close to them. She also demonstrates how empowering it is to understand one's diagnosis and come to terms with it. Her own journey to acceptance was long and painful, and she offers the wisdom and empathy of her experience to readers who may be battling the same difficulties.I think that this book is a remarkable resource for anyone who is discovering themselves and the world they must live in. I highly recommend Being Me With OCD!!

Download to continue reading...

Learned in Long Term Care Less Is More: How To Live With Less Stuff For Greater Health And Happiness (Minimal Living, Minimalist Living Tips) FRUGAL LIVING: MAKE MORE MONEY BY SPENDING LESS (Budgeting money free, How to save money tips, Get out of debt fast, Live cheap, Debt free, Spend less) Better Than Before: What I Learned About Making and Breaking Habits--to Sleep More, Quit Sugar, Procrastinate Less, and Generally Build a Happier Life The Man Who Couldn't Stop: OCD and the True Story of a Life Lost in Thought Life in Rewind: The Story of a Young Courageous Man Who Persevered Over OCD and the Harvard Doctor Who Broke All the Rules to Help Him Hoarding Self Help: How to Overcome Compulsive Hoarding Disorder for Life (Hoarders, OCD, Treatment) Getting Over OCD: A 10-Step Workbook for Taking Back Your Life (The Guilford Self-Help Workbook Series) Obsessed: A Memoir of My Life with OCD Days of awe;: Being a treasury of traditions, legends and learned commentaries concerning Rosh ha-Shanah, Yom Kippur and the days between, culled from three hundred volumes, ancient and new Confessions of a Prairie Bitch: How I Survived Nellie Oleson and Learned to Love Being Hated Misdiagnosis and Dual Diagnoses of Gifted Children and Adults: ADHD, Bipolar, OCD, Asperger's, Depression, and Other Disorders (2nd Edition) Misdiagnosis and Dual Diagnoses of Gifted Children and Adults: ADHD, Bipolar, Ocd, Asperger's, Depression, and Other Disorders Living with Less: Discover the Joy of Less and Simplify Your Life The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" -- and Parents Say "Way to Go" The Tourette Syndrome and OCD Checklist: A Practical Reference for Parents and Teachers The Golfer's Guide to the Meaning of Life: Lessons I’ve Learned from My Life on the Links (Guides to the Meaning of Life) Could It Be You?: Overcoming dyslexia, dyspraxia, ADHD, OCD, Tourette's syndrome, Autism and Asperger's syndrome in adults

Contact Us

DMCA

Privacy

FAQ & Help